

THIS WEEK AT ST. ANDREW'S

ISSUE # 265 June 3, 2025

Open Church: Sanctuary
Wednesdays at 12:00 - 1:30 pm

Meditation Hour: Sanctuary
Wednesdays at 4:00 - 5:30 pm

Activity Group: The Gathering Room
Thursdays at 10:30 am - 12:30 pm

Worship Service: Sanctuary
Sundays at 10:30 am - 12:00 pm



KNOX CAFÉ
Songs of Sunshine and Flowers


Thursday, June 5, 7pm

Knox Presbyterian Church
2964 Richmond Road

Admission \$10
includes: beverage, snack,
and music

The Café Band

Steve Sturgess - guitar
Corrine Painter - trumpet
Dave Pretty - drums
Ryan Tandy - bass



Donations accepted to support humanitarian work of PWS+D
at the door or by e-transfer to fresknox@telus.net

New Director of Music

The seven-member selection committee auditioned and interviewed **Susanne Reul- Zastre** and were unanimous in their decision to recommend her for the position of Director Music Ministry.



Susanne is currently the Director of Music at St. Luke's Anglican Church here in Victoria. Susanne has given her notice to the Anglican diocese and will assume the position of Director of Music Ministry here at St Andrew's in the first week of September.

Susanne is enthusiastic about the new opportunities here at St Andrew's; she also understands that a decision about a permanent position cannot be made until Presbytery has endorsed our profile in the middle of June. Susanne herself suggested and offered that she would willingly accept a time-limited temporary contract, on the understanding that as soon as St Andrew's is able to make the position permanent it will be offered to her. Session is appreciative of this offer and has approved the appointment to a temporary contract until we can offer Susanne a permanent position as Director of Music Ministry.


Susanne has lived in Victoria for more than 30 years and has been Director of Music at St Luke Cedar Hill Anglican Church for more than 20 years. Susanne is well qualified with a Master of Music (Organ Performance; University of Western Ontario), an Associateship with the Royal Canadian College of Organists and a Certificate in Church Music from Germany

Susanne is an experienced musician who is passionate about directing a well-established choir and administering a congregational church music program. She is accomplished in a broad range of musical genres and liturgy ranging from traditional to contemporary Christian Protestant music.

In this interim season through the summer months, we are grateful to Steven Benson and Norma Kobald as they continue to share their musical gifts on the organ, and to Darby Howard for her inspiring and creative leadership of the choir.

- Colina Titus

Announcements

 **COFFEE TIME:** Coffee time helpers are needed over the summer! If you would like to help

with coffee service, or want to contribute a batch of homemade cookies, please speak to Dorothy Reimer! Your help would be greatly appreciated.

NEW KNOX-SOOKE: The Induction of Knox-Sooke Presbyterian Church's new minister takes place this Sunday, June 8 at 4:00 pm.

☀️ CHOIR SUMMER BREAK: St. Andrew's Choir practice and Sunday performances will continue as usual until the end of June. From July to August, our choral scholars will lead congregational singing. Choir will resume in September.



🌺 FUNERAL SERVICE: A funeral service for [Patricia Brown](#) will be held at St. Andrew's on Saturday, June 14th at 11:00 am with a reception to follow. Pat was an active member of the church until she moved to the Cridge Seniors Centre. If people feel moved to donate to a cause close to Pat's heart, the family suggests a donation to [The Cridge Centre for the Family](#) in Victoria. Pat will be missed by so many, and will be fondly remembered for her kindness, empathy, and witty sense of humour.

🍷 COMMUNION SERVICE: A Communion service will be held at St. Andrew's on Sunday, June 15, with Rev. Laura Kavanagh.

🏕️ CAMP VIP: This year's VIP camp dates are as follows: Little Qualicum Falls June 9 - 13, Goldstream July 3-7, Rath Trevor August 11 - 18. For more information go [HERE](#) or contact the Camp Registrar at jermareng@outlook.com.

🎸 ONE GUITAR ONE VOICE: Presented by the Victoria Jazz Society as part of [JazzFest](#) at St. Andrew's Presbyterian Sanctuary on Saturday, June 21, 7:30 pm. French-Algerian guitarist / vocalist / composer Pierre Bensusan's originality and style makes him one of today's greatest guitarists. For more information and tickets please go [HERE](#).

🦌 QUARTET FEST WEST CONCERT: Presented by St. Andrew's Music Outreach Program at St. Andrew's Presbyterian Sanctuary on Saturday, June 28 at 1:00 pm. [Quartet Fest West](#) is one of the finest chamber music programs in North America.

🎻 GAIA QUARTET CONCERT: Presented by St.

Andrew's Music Outreach Program at St. Andrew's Presbyterian Sanctuary on Saturday, July 5 at 1:00 pm. [GAIA Quartet](#) is an all-women's string quartet performing works by living composers.

🏳️ PRIDE PARADE WATER STATION: Victoria's Pride Parade is on Sunday, July 6 and it will go right past St. Andrew's! We will be providing a water station for participants. Victoria Pride Festival is taking place on the same day. Go [HERE](#) to find out more.

👯 BALLET SUMMER CLASSES: Various ballet classes will run in the upstairs BV studio, The Kirk Hall, and The Gathering Room this summer from July 7 - August 15th. Please be mindful when moving through the church, especially The Gathering Room, and try not to interrupt them!

🎵 SINGERS IN THE PARK: Voices from St. Andrew's, Knox (Victoria and Sooke), Trinity, and Chinese Presbyterian Churches are invited to take part in a combined choral performance at Worship in the Park on July 20th! We will be performing 'How Great Thou Art'. Rehearsals will take place on Sunday, July 6 and 13th at 11:30 am at Trinity Presbyterian Church. If you would like to join please contact Elise Kenedy at ekpk@live.ca. Come and enjoy praising the Lord!

🌳 WORSHIP IN THE PARK: Everyone is welcome to join members of St. Andrew's, Knox (Victoria and Sooke), Trinity, and Chinese Presbyterian Churches for an afternoon of worship, fun, food, and friends! This year it will be held on Sunday, July 20th. Worship will begin at 10:30 am at [Esquimalt Gorge Park Pavillion](#). The building is located in Esquimalt Gorge Park ([1070 Tillicum Road](#)) and can be accessed on foot via park pathways, vehicle or bike. Bike racks are available. Please bring your own picnic lunch, items to share, place settings, and chairs!

🎸 CONNIE KALDOR IN CONCERT: Presented by Beacon Ridge Productions on September 20 at 7:30 pm in the Sanctuary. Canadian Folk Music Icon Connie Kaldor—singer-songwriter, entertainer, TV personality, and women's music pioneer—is celebrating 45 years in show business this year with her new album, her 18th recording, titled [Keep Going!](#) For more information and tickets go [HERE](#).



Lakeside Bannock

June 1st marks the beginning of a month designated by Canada for all Canadians to honour the cultures and contributions of First Nations, Métis, Inuit, and all Indigenous Peoples in Canada!

National Indigenous History Month is a time for all to honour the vitality, success, and beauty of First Nations, Inuit, and Métis cultures and communities in Canada, and all Indigenous Peoples worldwide. Indigenous Peoples celebrate themselves, their families, communities, lands, and cultures daily.

St. Andrew's Presbyterian Church acknowledges with gratitude and respect the Lekwungen peoples on whose traditional territory our congregation engages in ministry and the [WSÁNEĆ](#), [Songhees](#) and [Esquimalt](#) peoples whose relationship with the land continues to this day.

Many folks at St. Andrew's are familiar with Scottish bannock, but may not be as familiar with Indigenous bannock, and the history that comes with this delicious bread. Bannock stems from the Gaelic word *bannach*, which means "morsel." Scots brought Scottish bannock - flat cakes of unleavened barley or oatmeal dough - to Canada as settlers.

Before the Scots arrived in Victoria, local Indigenous groups had their own version made from camas bulbs! Then, as Indigenous people were moved off their territories and onto reserves, they were not able to hunt and forage as they once did. The Canadian government supplied them with rations of things such as flour, lard, sugar and eggs. Because of this, Indigenous bannock began being made with European ingredients, and became a necessity to prevent starvation on reserves.

Bannock is associated with colonisation and displacement, but also with pride and resilience. It is popular today at Indigenous powwows, festivals and family gatherings. Check out [The Bannock Room](#) or [The Songhees Food Truck](#) if you'd like to try some local bannock. You can also try to make some at home with this recipe, kindly shared by a familiar face at St. Andrew's - Roderick!

This is Rod's family recipe. He remembers his grandmother making over the embers of a fire by the lakeside. It makes enough for about 6 people. It can be served plain or with sugar, honey, jam - or however you like it!

Lakeside Bannock

4 cup	flour
2 tbsp	baking powder
1 tsp	salt
1 tsp	sugar (optional)
1 tsp	cooking oil
1 cup	water (or buttermilk for lighter bread!)
1 cup	raisins or salt pork (optional)

Mix dry ingredients together, then add wet ingredients, and knead until the dough comes together. If adding, knead in the raisins or salt pork.

Pan Fry Method: Makes for softer bread. Form bannock into hand sized cakes. Put frying oil in a frying pan, bring it up to frying temperature, then fry each side until golden brown. Allow to cool on a rack, with something underneath to catch the oil, for five minutes before serving.

Oven Method: Makes for denser bread. Form dough into several hand sized cakes. Grease a baking sheet and arrange cakes spaced evenly. Bake at 350°F for 50 minutes, or until golden brown.

Rod encourages you to make your own adjustments, and not to worry if you mess up the first batch - *'that's how we learn!'*

I think that is a great attitude, for those of us who are descendants of settlers, to have going into National Indigenous History Month. Are you worried that you'll do or say the wrong thing if you take part? It is okay if you mess up - that is how we learn! Acknowledge your mistakes, apologize, and try to do a bit better the next time. You'll get better, and learn more, the more you get involved.

I can't wait to try some of Rod's bannock - even if I burn the first one out of the pan!

- Shannon



National Indigenous History Month

#NIHM2025



National Indigenous History Month

June 1st marks the beginning of a month designated by Canada for all Canadians to honour the cultures and contributions of First Nations, Métis, Inuit, and all Indigenous Peoples in Canada!

June is a month-long celebration – a time for all to honour the vitality, success, and beauty of First Nations, Inuit, and Métis cultures and communities in Canada, and all Indigenous Peoples worldwide. As Indigenous Peoples, we celebrate ourselves, our families, communities, lands, and cultures daily.

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CHANGE MAKERS GATHERING FESTIVAL: On June 14th The City of Langford invites you to Langford Station to enjoy the music, dancing, workshops, food, and market of Change Makers. More details can be found [HERE](#).

Activities include:

- Coast Salish Art Workshops & Game Tent
- Indigenous drum and dance groups
- Indigenous artisans market
- Drop-in Cedar weaving workshops
- Free Bannock taco lunch
- Teen zone activities



F1RST FILM FESTIVAL: Join the Victoria Film Festival for a series of Indigenous led workshops and Indigenous made films for the week of June 19-June 22. Registration is free for Indigenous people.

[Learn more and register for workshops including:](#)

- A Funding Opportunities panel with Creative BC and NFB (and other possible partners)
- A Grant Writing workshop with Eli Hirtle
- Set Decoration & The Many Career Paths in Film workshops with Spencer Sacht-Lund
- The Art of Storytelling with Steve Sxwithul'twx
- Stop Motion with Amanda Strong



INDIGENOUS PEOPLES DAY CELEBRATION: A warm invitation for a day of fun and community relations on the traditional Lands of the Lekwungen-speaking Peoples, the Songhees and Esquimalt Nations. The celebration takes place on June 20th from 10am - 3pm at Royal Roads University. [Find all the details for time, location and schedule of events.](#)

Limited parking is available. Please consider taking public transit or walking or cycling to Royal Roads along the Galloping Goose Regional Trail. Accessible parking will be available for those with a valid permit and shuttle service between campus parking lots and the event site will be available for the duration of the event.